

Resources for Sexual Purity

Internet Accountability and Filtering

Covenant Eyes www.covenanteyes.com

Porn thrives on shame and secrets. Covenant Eyes is designed to help one overcome porn by monitoring one's Internet activity and sending a report to a trusted friend who holds one accountable for one's online choices.

Accountable2You www.accountable2you.com

Accountable2You is an accountability tool for individuals who want to be held accountable.

We believe that if a person is determined to sin, they will find a way to sin. A software will never prevent a person from sinning. Everyone has a propensity to sin. The only way for a person to stop sinning is through the enabling of the Holy Spirit in the power of salvation. Salvation is accepting Jesus the Christ as your only, God provided substitute from your judgment before a Holy God.

Net Nanny www.netnanny.com

Net Nanny provides a "content-control" software marketed primarily as a way to monitor and control your family's computer activity.

Books

Finally Free: Fighting for Purity With the Power of Grace – Dr. Heath Lambert

If one has struggled personally against the powerful draw of pornography, or if one has ever tried to help someone fighting this battle, one knows how hard it is to break free. But real freedom isn't found only by trying harder to change. Nor is it found only in a particular method or program. Ultimately, only Jesus Christ has the complete power to free people from the enslaving power of pornography.

At the Altar of Sexual Idolatry – Steve Gallagher

In *At the Altar of Sexual Idolatry*, Steve Gallagher masterfully exposes the real roots of sexual addiction, clearly marks the path to a victorious life, and conclusively affirms the authority of God's Word through personal testimony. In one of the most comprehensive treatment of sexual addiction available, Gallagher shows men how to destroy the idol of lust, and paves the way for a radical transformation of one's heart and life.

Every Man's Battle – Steve Arterburn, Fred Stoeker, with Mike Yorkey

From movies and television, to print media and the Internet, men are constantly faced with the assault of sensual images. It is impossible to avoid such temptations... but, thankfully, it is not impossible to confront temptation and to gain victory over it!

Every Woman's Battle – Shannon Ethridge

Written in the honest style of the best-selling *Every Man Series*, but with a uniquely female perspective, *Every Woman's Battle* will lead one on a lifelong path to true joy and fulfillment—sexually, emotionally, and spiritually.

Peace Beyond the Tears – Tina Harris with Diane Roberts

Did you feel all alone when you discovered your husband's secret battle? Have you watched your marriage intimacy erode? I have been where you are—feeling like my world was falling apart, not knowing which way was up, and thinking something was wrong with me. You are not alone. We are in this together. I invite you to sit with me as I share my story of pain and struggle woven together by God's grace and healing.

Teen Book: Every Young Man's Battle – Stephen Arterburn, Fred Stoeker, with Mike Yorkey

Every Young Man's Battle shows one how to rise above today's debased, self-seeking culture by examining God's standard, training one's eyes and mind, cleaning up one's thought life, and developing a plan.

Women's Study

Betrayal and Beyond (Workbook and Journal) – Diane Roberts

How did he get this way? How can I tell if he is getting better? Can I ever trust him again? What do I do now? *Betrayal & Beyond* was designed to answer these questions and more. Created to be experienced in a group setting, this resource provides valuable tools, biblical wisdom, and testimonies by courageous women who found hope, help, and encouragement through their personal journey.

Informational Websites

1. fightthenewdrug.org
2. bravehearts.org
3. puredesire.org
4. bravehearts.org/betrayed-spouse
5. ibelieve.com/relationships
6. josh.org/find-help/pornography